

ORAL HEALTH FOR INFANTS AND PRESCHOOL- AGED CHILDREN

Tips for Parents and Children





THE ROLL OF ORAL HEALTH

The corner stone for oral and overall health is laid in infancy and the preschool years. The baby teeth are important for talking, eating, laughing and general well-being, as well as for the later healthy development of the permanent teeth.

That means that they need special care. Baby formula and baby food generally contain sugar and have a sticky consistency. Without proper tooth care, constant drinking can result in cavities directly after the first teeth have budded and destroy the baby teeth.

For this reason, visits to the dentist are already recommended in the first year of life.

There, you will receive comprehensive advice on tooth care and the development of your baby's teeth.



Nursing – the best for your child, if possible!

- If possible, nurse exclusively for the first six months
- Then introduce solid foods step-by-step
- Nursing may continue past the first birthday, but
 - pay attention to good oral hygiene to protect teeth
 - do not nurse continuously

Bottle feeding

- Fill baby bottles exclusively with “pre-milk” formula, follow-on formula and water
- Do not let the baby drink continuously from the bottle
- Introducing drinking from an open cup as soon as the child can sit upright

Sweet/sour foods

- Milk and solid baby foods contain all of the necessary nutrition for the first year of life
- Slowly introduce the child to varied family meals with fruit and vegetables
- Offer sugary and acidic foods such as juices, sparkling juices and sweetened foods no earlier than the second year of life (Tip: as a dessert after a main meal)
- Offer water when the child is thirsty

Oral hygiene

- Twice a day from the first baby tooth
- Use a rice grain-sized portion of a fluoride-containing toothpaste (1,000 ppm) from the first birthday, pea-sized from the second
- If the child allows it and the oral situation requires it, the spaces between the molars can be cleaned with floss



Appointment overview for Parents and Child

Check-up and consultation appointment at the end of pregnancy
with issuance of Children's Dental Passport _____ (date)

FU1a 6 – 9 months of age _____ (date)

FU1b 10 – 20 months of age _____ (date)

FU1c 21 – 33 months of age _____ (date)

FU2 34 – 72 months of age _____ (date)

Additional appointments: _____ (date)

_____ (date)

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KZVBW

Kassenzahnärztliche Vereinigung
Baden-Württemberg



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BADEN-WÜRTTEMBERG

LZK Körperschaft des öffentlichen Rechts



Landesärbeitsgemeinschaft für Zahngesundheit
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